AMENDMENTS TO THE SPECIFICATION

On page 18, please amend paragraph **[0048]** to read as follows:

[0048] Providing a U-shaped load distribution plate 52 is independent of the use of the second deformation elements 1. In another embodiment, second deformation elements 1 are only provided in the forefoot region 36, but, nevertheless, two load distribution plates 52, as shown in FIG. 10, are provided. In yet another embodiment, second deformation elements 1 are provided in both the heel region 32 and in the forefoot region 36. Additional examples and details of load distribution plates are found in United States Patent Application Serial Nos. 10/099,859 and 10/391,488, now U.S. Patent Nos. 6,722,058 and 6,920,705, respectively, the disclosures of which are hereby incorporated herein by reference in their entireties.

On pages 20-21, please amend paragraph **[0055]** to read as follows:

[0055] Both the outer shell 71 and the foam material 72 determine the elastic properties of the first deformation element 70. Accordingly, the first deformation element 70 provides several possibilities for modifying its elastic properties. Gradually changing the wall thickness of the outer shell 71 from the medial (T_2) to the lateral (T_1) side, for example, will lead to a gradual change in the hardness values of the first deformation element 70. This may be achieved without having to provide a foamed material 72 with a varying density. As another example, reinforcing structures inside the lateral chamber 73 and/or the medial chamber 74, which may be similar to the tension element 3 of the second deformation element 1, allow for selective strengthening of specific sections of the first deformation element 70. As a further means for modifying the elastic properties of the first deformation element 70, foamed materials 72 of different densities may be used in the lateral chamber 73 and the medial chamber 74 of the first deformation element 70, or, in alternative embodiments, in further cavities of the first deformation element 70.